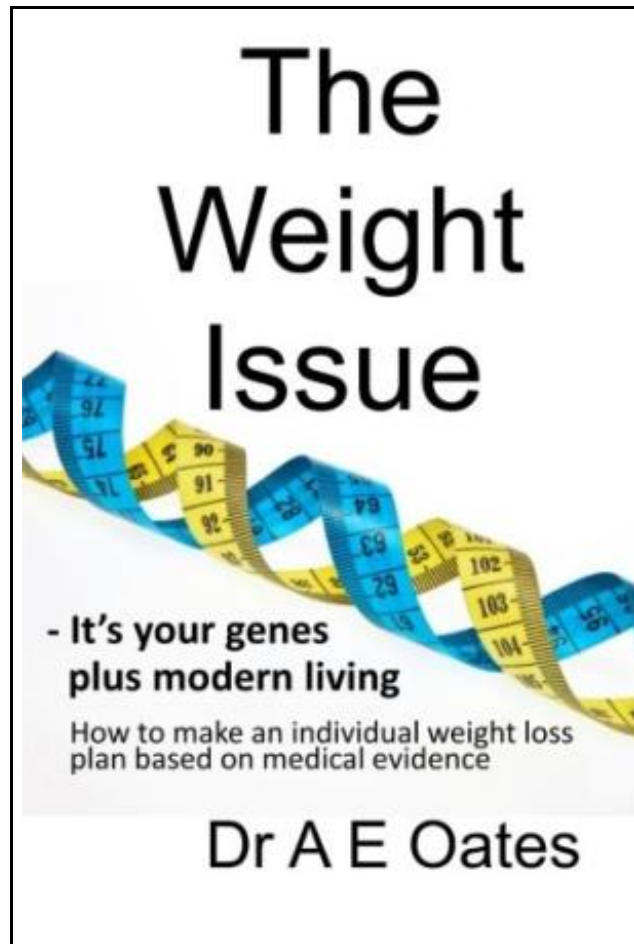


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Review: a great book if you are sceptical about weight loss diets, confused by the competing claims of different approaches, and not sure of the way forward. It s a positive and supportive read that puts weight loss in perspective. C Michael, ex editor of Slimming World Magazine Product Description: If you want to know the medical evidence for the cause of weight problems, and which will be the most successful diet or exercise regime for you personally, then this book holds the answers. If you are overweight, it is not your fault but is due to your inherited genes combined with other factors. The tendency to eat automatically, comfort eating and the changes in modern food availability, can all contribute to a weight problem. Most people are unaware that weight is inherited to the same extent that height is inherited. People who lose weight, and successfully keep the weight off for a period of years, do so by following an individual plan. If having extra weight is not your fault, then why worry about it? Unless you are particularly vain, you will want to know whether there is likely to be an effect on your health. Being overweight or mildly obese is not likely to increase the chance of early death, and the association of weight with illness is put into perspective in Chapter 2. It has been found that larger people are often treated disrespectfully by the medical profession (they are the most common targets for derogatory humour from doctors) and you will also find strategies for dealing with this sort of discrimination in this book. You will want to know whether diets...



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